

RECOMMENDED ACTIONS FOR HEALTH CARE PROVIDERS

RECOMMENDATIONS FOR PATIENTS CONSIDERING PREGNANCY

Women should abstain from sexual contact (or use condoms):

- At least 8 weeks after travel to an area with active Zika if *asymptomatic*, OR
- At least 8 weeks from the start of *symptoms and/or Zika diagnosis*.

Men should abstain from sexual contact (or use condoms):

- At least 6 months after travel to an area with active Zika transmission if *asymptomatic*; OR
- At least 6 months from the start of his symptoms and/or Zika diagnosis. This period is longer for men because Zika stays in semen longer than in other body fluids.

Advise all persons traveling to [areas with ongoing Zika virus transmission](#) to strictly [follow steps](#) to avoid mosquito bites.

RECOMMENDATIONS FOR PREGNANT PATIENTS

- Encourage pregnant women to postpone travel to areas with ongoing Zika virus transmission.
- Advise men who reside in or who have traveled to an area with active Zika virus transmission, and who have a pregnant partner, to abstain from sexual activity or consistently and correctly use condoms during sexual activity for the duration of the pregnancy.

TESTING RECOMMENDATIONS

Contact the City of Long Beach Department of Health and Human Services at 562.570.4302 to report suspect Zika virus cases and coordinate any necessary Zika virus testing.

PREGNANT WOMEN

Testing is recommended for pregnant women who meet the following criteria:

- A history of travel in the past 12 weeks to an area with known Zika virus-transmission, regardless of symptoms: OR
- A history of travel to an area with known Zika virus-transmission and a fetal ultrasound with evidence of microcephaly, intracranial calcifications or both: OR
- Sexual contact with a partner who lives in or has traveled to an area with active Zika within the last 6 months.

MEN AND NON-PREGNANT WOMEN

Testing is recommended for men and non-pregnant women only if they:

- Have traveled to an area with known Zika virus-transmission within the past 14 days; AND
- Have one or more of the following symptoms: fever, maculopapular rash, arthralgia, or non-purulent conjunctivitis.

- **Testing is not recommended for men or non-pregnant women who are asymptomatic.**

INFANTS AND CHILDREN

Testing is recommended for infants and/or children in the following instances:

- Infants whose mothers traveled to or resided in an affected area within 2 weeks of delivery.
- Infants whose mothers tested positive for Zika virus.
- Infants who had microcephaly or intracranial calcifications detected prenatally or at birth.
- Infants/Children who:
 - 1) Traveled to or resided in an affected area within the past 14 days; AND
 - 2) Have one or more of the following symptoms: fever, maculopapular rash, non-purulent conjunctivitis, or arthralgia (*Arthralgia can be difficult to detect in infants and young children and can manifest as irritability, walking with a limp (for ambulatory children), difficulty moving or refusing to move an extremity, pain on palpation, or pain with active or passive movement of the affected joints.*)

OTHER TESTING CONSIDERATIONS

Patients diagnosed with Guillain-Barré Syndrome (GBS) who have a history of travel to a Zika virus-affected area should be tested for Zika. Additional testing for other known causes of GBS should also be considered.